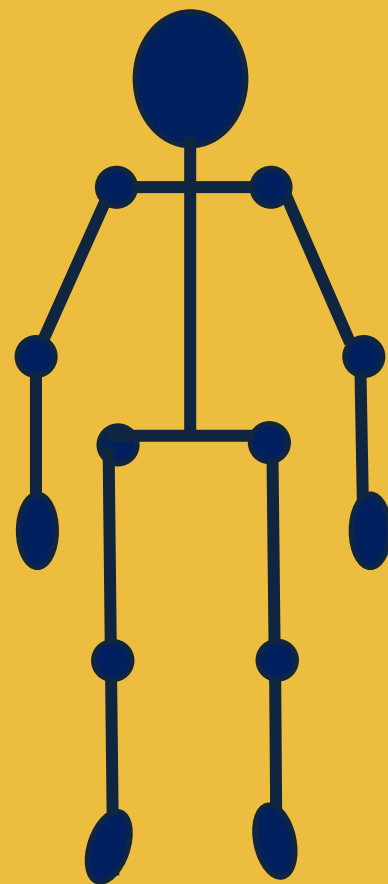


# Office exercises

5 minutes, for

- stretch
- pain relief
- mobility
- better circulation
- stress relief
- happy mood 😊



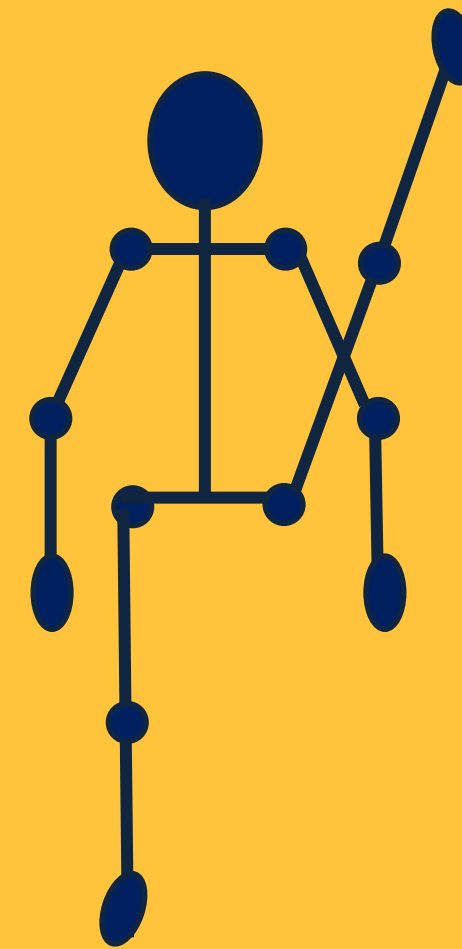
TW!E+

TEACH WITH ERASMUS+



# Today's exercises

9 exercises,  
each exercise approx. 30 seconds  
from the head to the toes



1. Neck: turn head, tilt head, rotate head
2. Shoulders: desk cat-cow
3. Spine: grab chair and turn
4. Torso: side bend reach
5. Hand: shake
6. Leg lift: alternate side and both
7. Stretch leg reach
8. Heel up-toes up
9. Chair squat



# Before we start

## preparation



Pull out your headphones



Roll out from your desk (not too far)



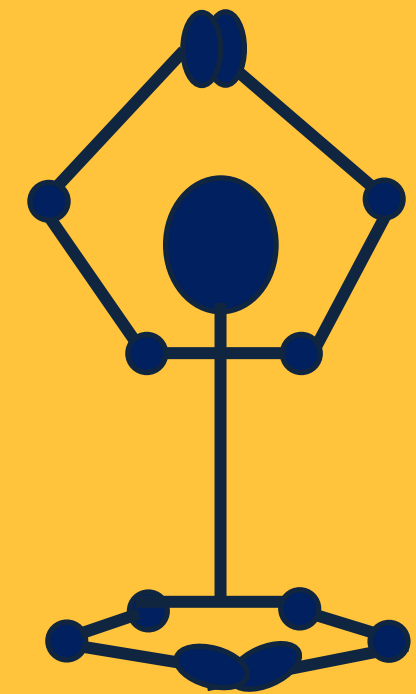
Sit on the edge of your chair and



Put your hands, forearm and elbows on your desk



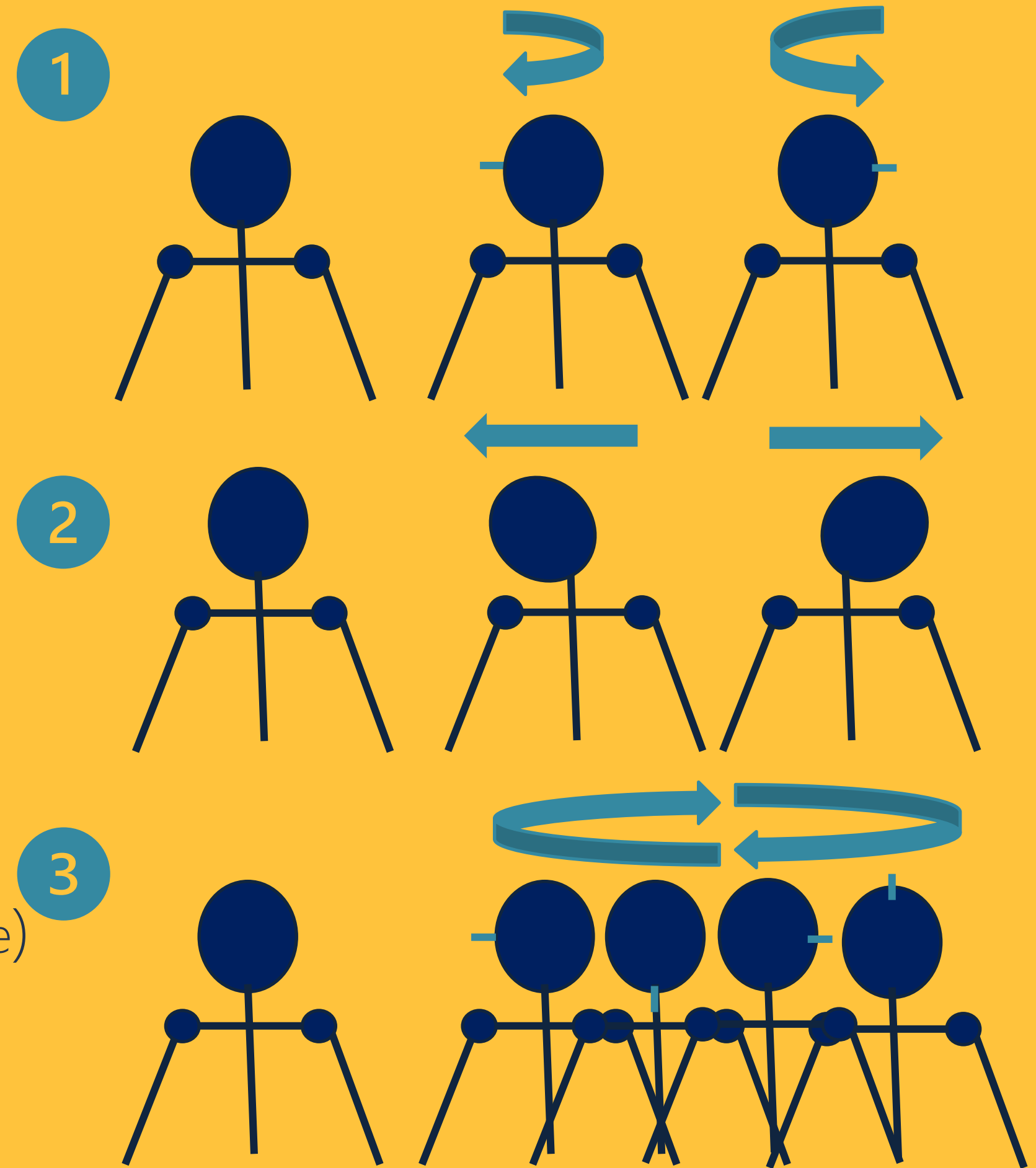
Relax and be comfortable



# 1<sup>st</sup> exercise

## Stretch neck

- 1 Turn head (right/left)  
4-6 times
- 2 Tilt head (right/left shoulders)  
2-4 times
- 3 Rotate head (clockwise/counterclockwise)  
2-4 times



# 2<sup>nd</sup> exercise

Shoulders and back – desk cat & cow

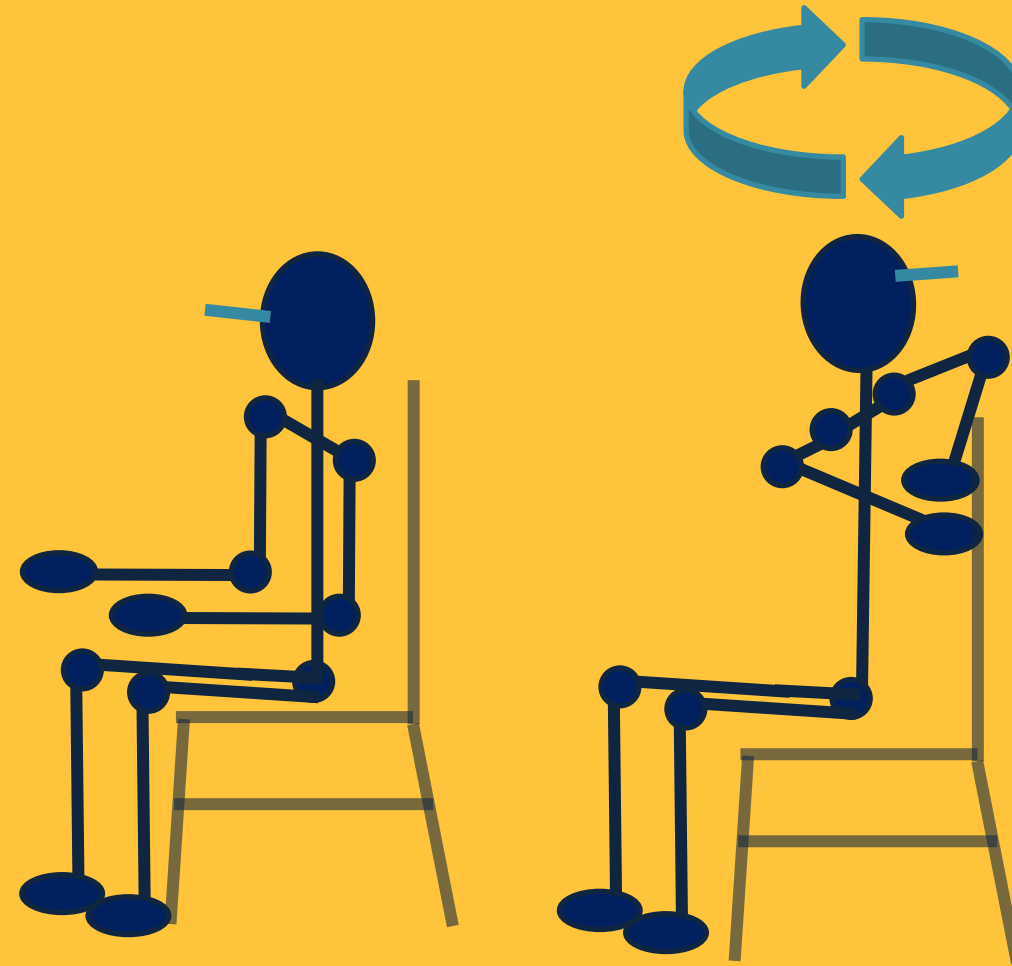
- 1 Tuck chin
- 2 Round back
- 3 Look up
- 4 Arch back



# 3<sup>rd</sup> exercise

## Spine– grab chair & turn

- 1 Nice and tall
- 2 Grab chair and turn
- 3 Switch side



# 4th exercise

## Torso – side bend reach

- 1 Grab the chair on the opposite
  - 2 site with one arm
  - 3 Other arm up
- Reach and bend to the side
- Switch side



# Topic

Subtitle

Text/Picture/Diagram etc.

Emphasize,  
highlight, etc.







# Part 1

text

# Part 2

text



# INFO

description

---

# INFO

description



text

# Title

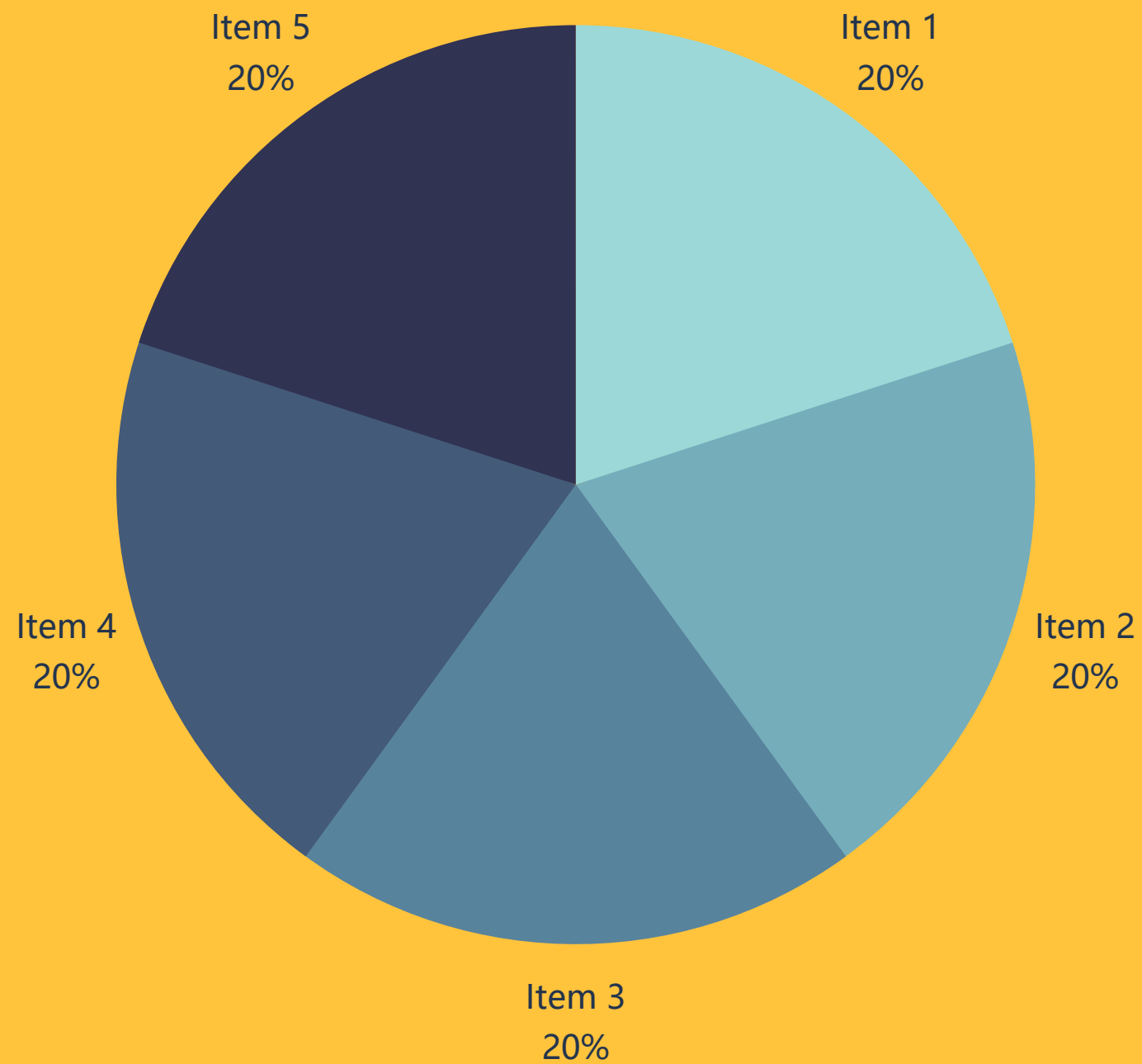
explanation



# Text

## Text

To create a stunning presentation, it's best to simplify your thoughts. Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.



# other title

subtitle

To create a stunning presentation, it's best to simplify your thoughts. Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.

You can then organize them into your introduction, your main content, and your conclusion.



TEACH WITH ERASMUS+

Co-funded by the  
Erasmus+ Programme  
of the European Union







To create a stunning presentation, it's best to simplify your thoughts. Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.

To create a stunning presentation, it's best to simplify your thoughts. Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.





TEACH WITH ERASMUS+

Co-funded by the  
Erasmus+ Programme  
of the European Union



Section subtitle

# Section title

Section description/keyword



# Title

Subtitle

Explanation







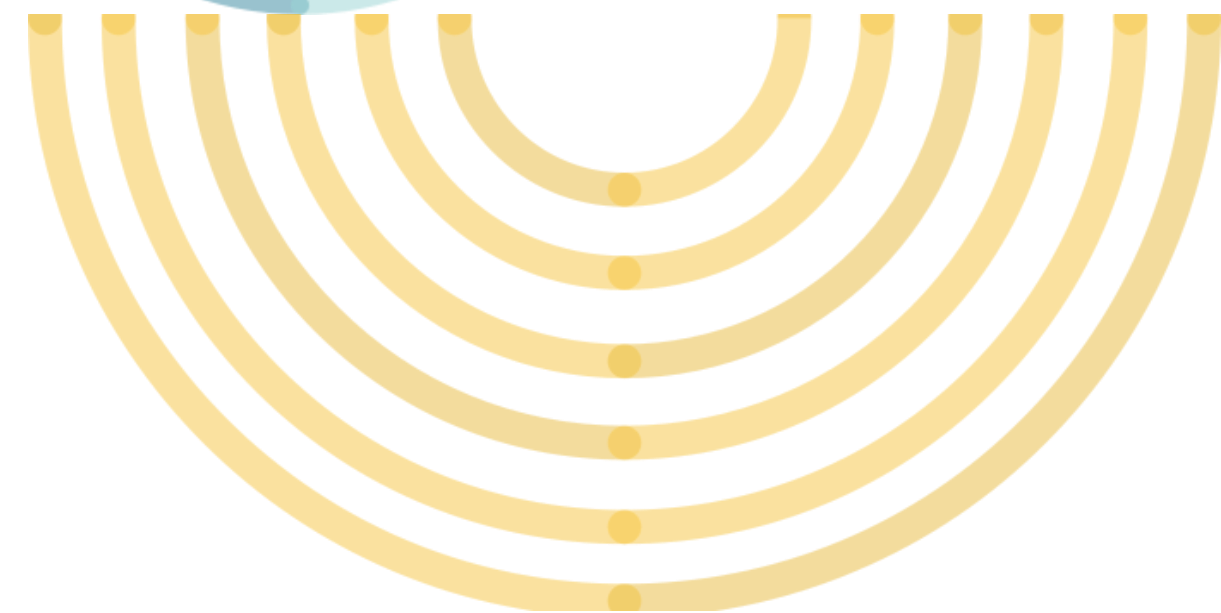
# Title

## Info 1

text

## Info 2

text



# Title title

Info 1

text

Info 2

text

Info 3

text





# Text

## text 1

Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.

## text 2

Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.

## text 3

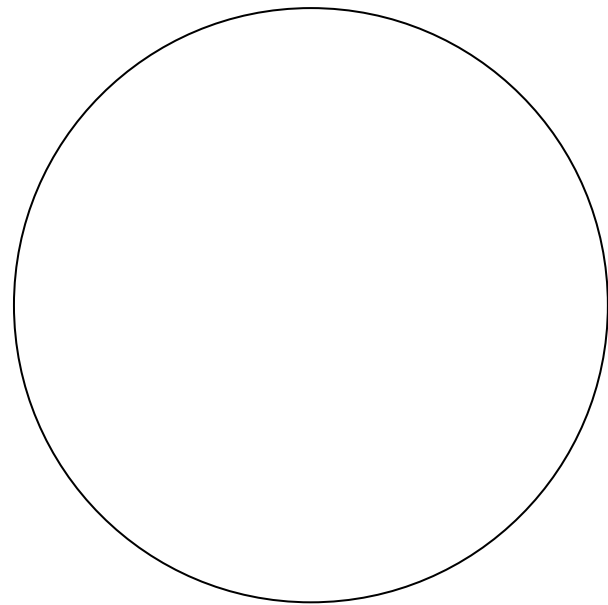
Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.

## text 4

Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.

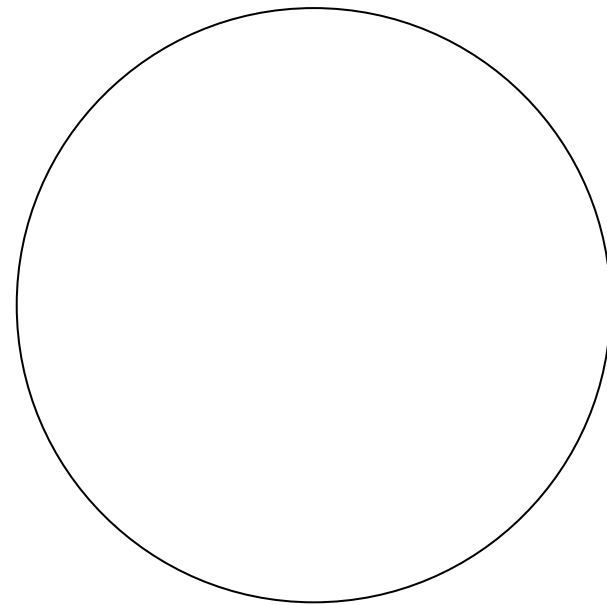
# Section title

subtext



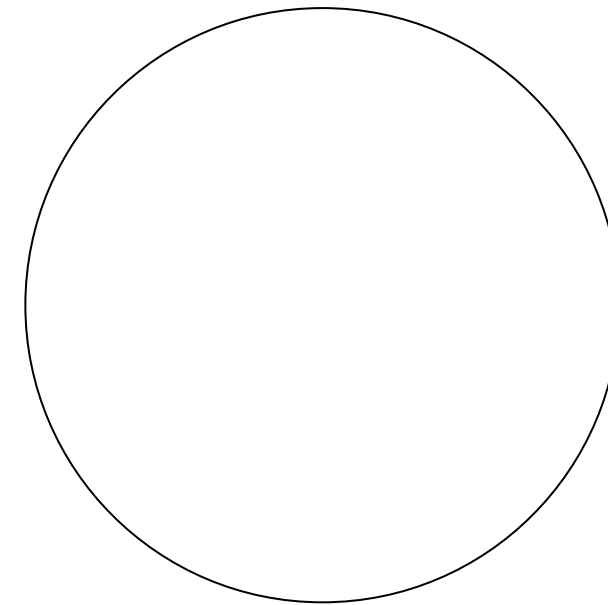
picture 1

To create a stunning presentation, it's best to simplify your thoughts.



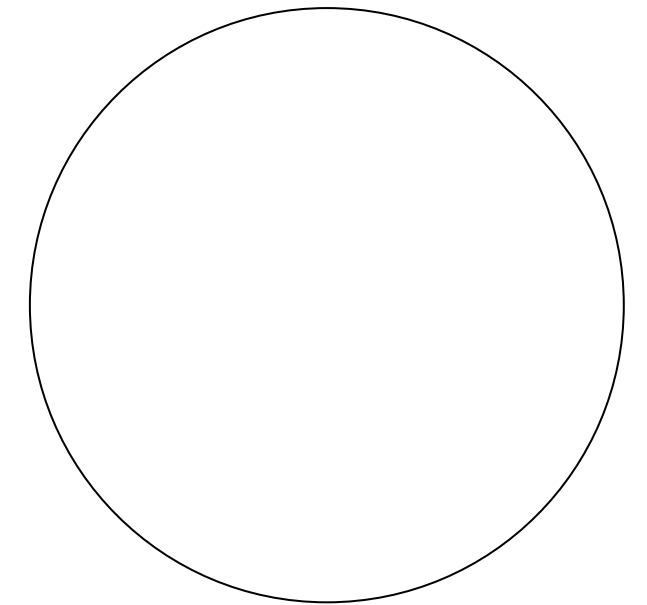
picture 2

To create a stunning presentation, it's best to simplify your thoughts.



picture 3

To create a stunning presentation, it's best to simplify your thoughts.



picture 4

To create a stunning presentation, it's best to simplify your thoughts.





# Timeline

Text



text

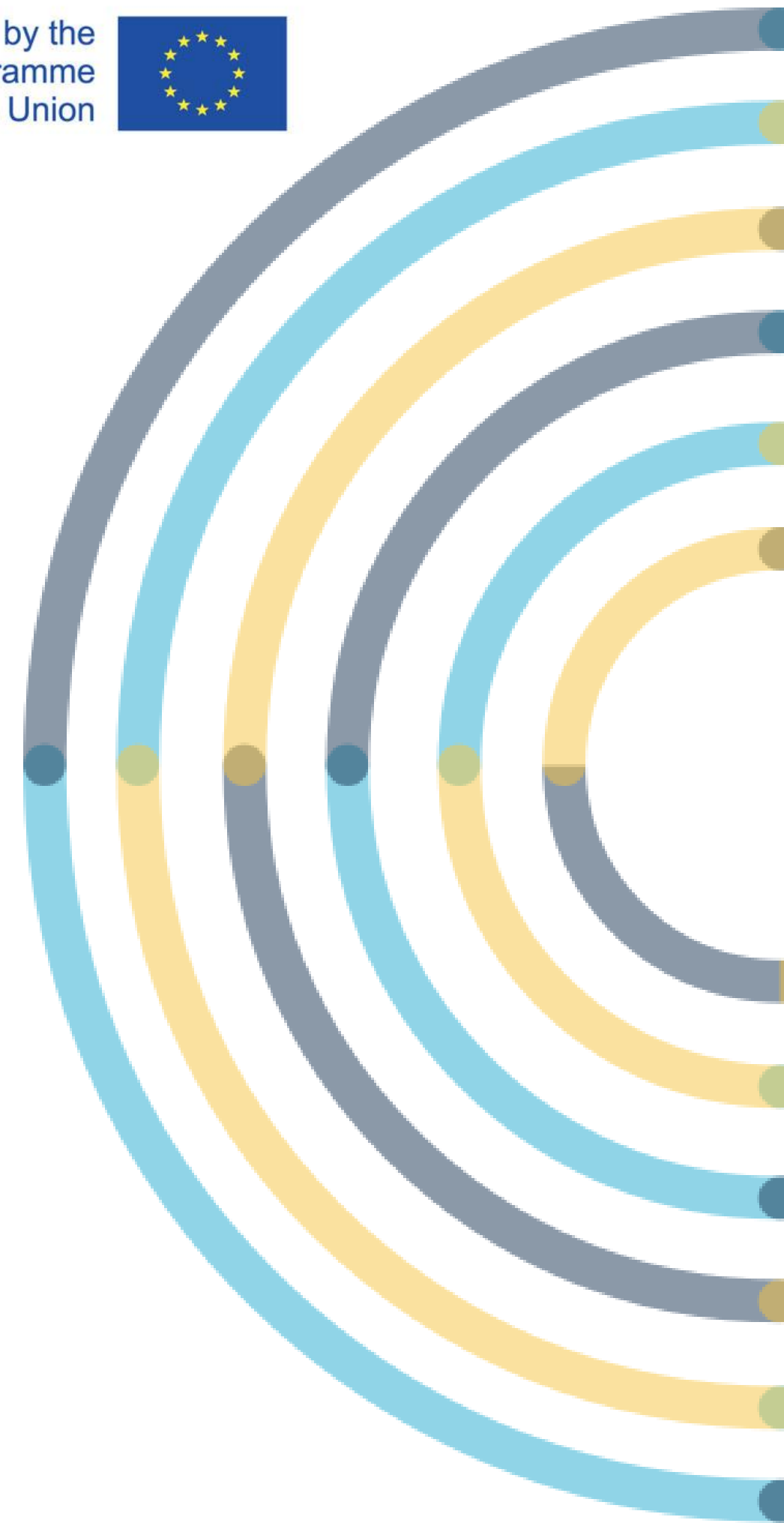
To create a stunning presentation, it's best to simplify your thoughts.

text

To create a stunning presentation, it's best to simplify your thoughts.

text

To create a stunning presentation, it's best to simplify your thoughts.



# text

## picture 1

To create a stunning presentation,  
it's best to simplify your thoughts.

## picture 2

To create a stunning presentation,  
it's best to simplify your thoughts.

## picture 3

To create a stunning presentation,  
it's best to simplify your thoughts.



# Text

text



## One

To create a stunning presentation, it's best to simplify your thoughts. Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.

## Two

To create a stunning presentation, it's best to simplify your thoughts. Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.

## Three

To create a stunning presentation, it's best to simplify your thoughts. Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.





**Text**  
**text**  
**text**

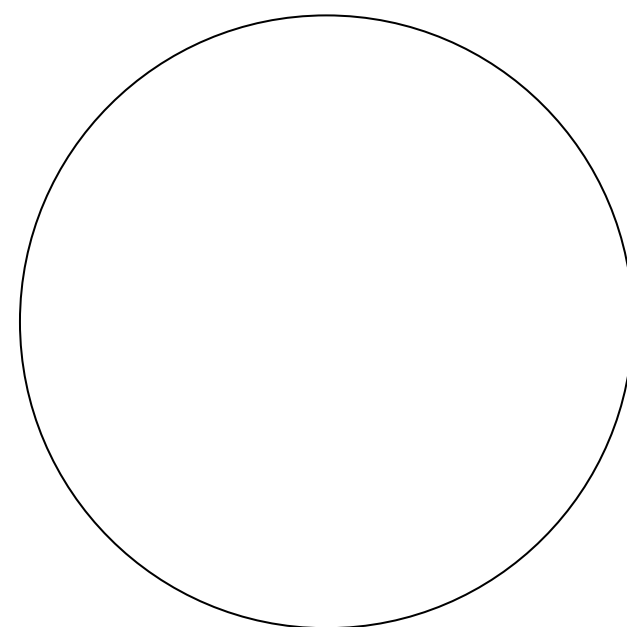
Approach these as the central arguments you want your readers to understand and appreciate.





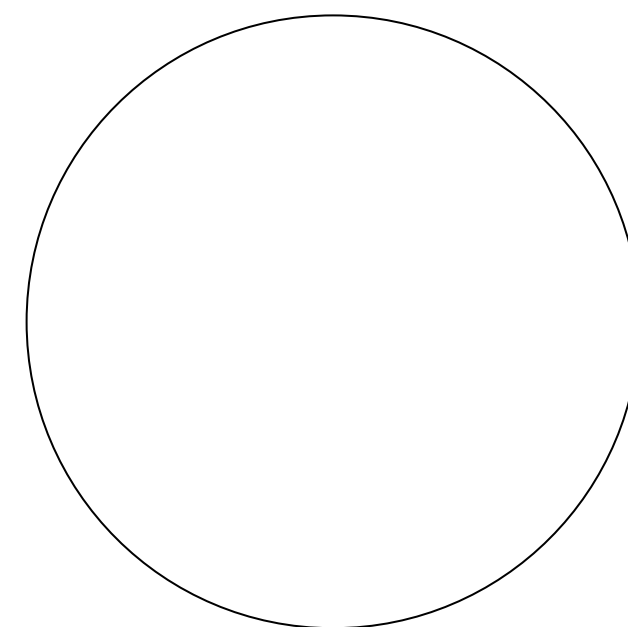
# Group 1

MEET THE TEAM MEMBERS



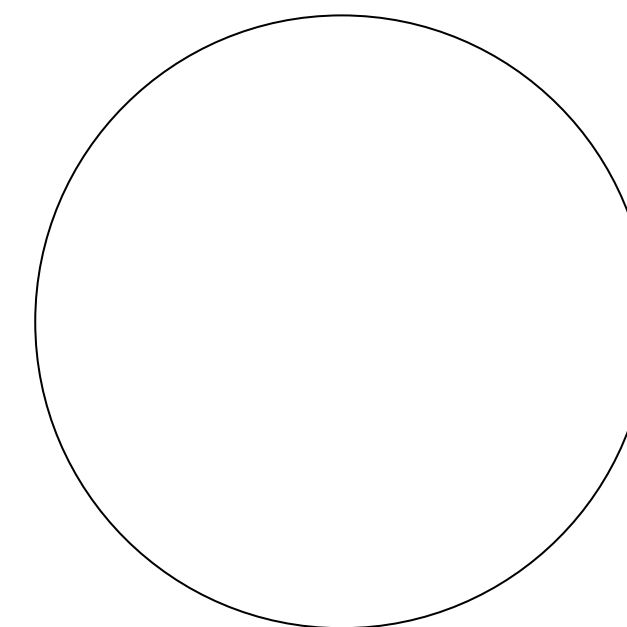
**Hannah Cruz**

Researcher



**Jeremy Barny**

Writer



**Kayla Myers**

Fact Checker



# Title

text





# teach

To create a stunning presentation, it's best to simplify your thoughts. Start with an outline of topics and identify highlights, which can be applied to whatever subject you plan on discussing.



# Topic

## Subtitle

Text/Picture/Diagram etc.

Emphasize,  
highlight, etc.

